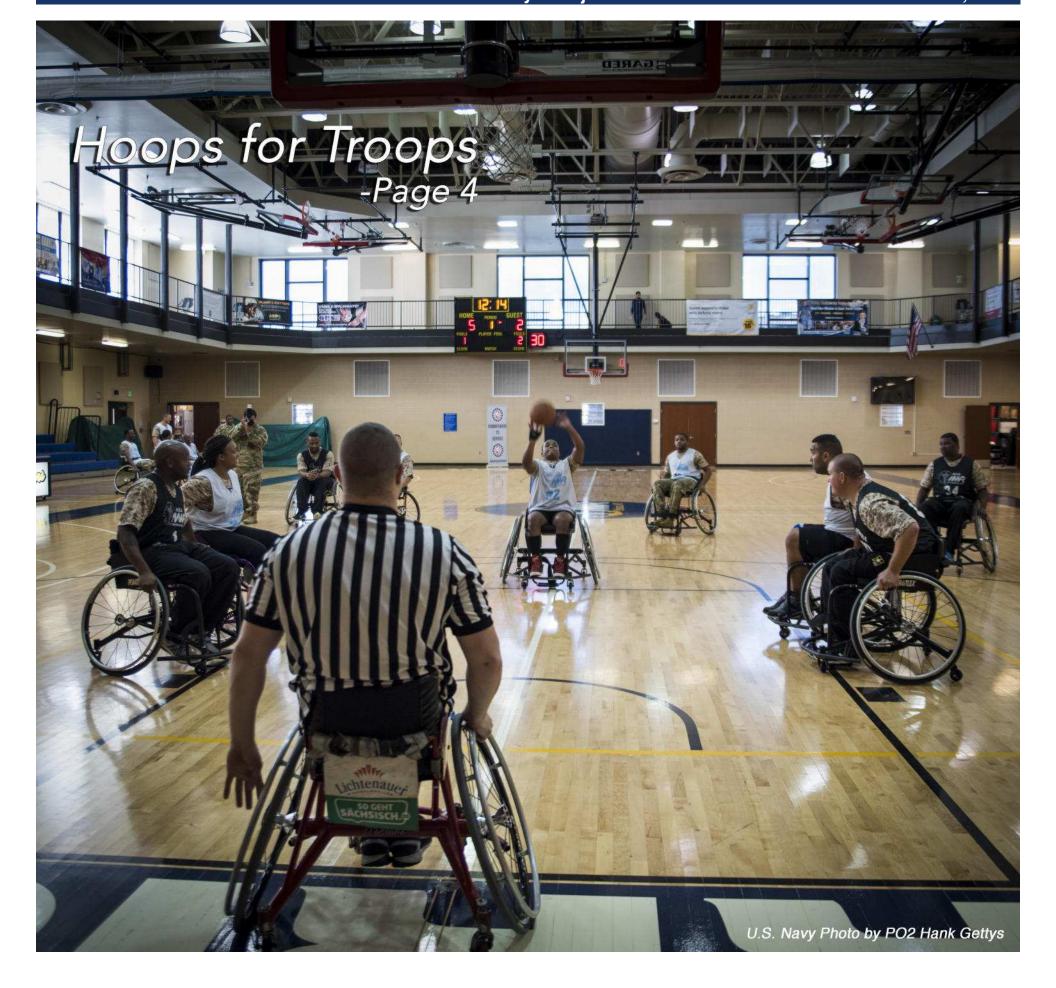


Vol. 28 No. 46 www.dcmilitary.com/journal/ November 17, 2016



## **Commander's Corner: NSA Bethesda**

#### By Capt. Marvin Jones, Commanding Officer

NSAB Family,

On the heels of last week's national election, there is a lot happening outside our gates.

Across the country, there is much discussion, debate and dialog.

Some may call it democracy. Others may call it distraction. For many, there's great uncertainty about the future. All of this can be unsettling.

But as a community committed to our nation's defense, we're reminded that inside these gates, we have a mission. That mission is unlike any other military installation in the world.

Here, at Naval Support Activity Bethesda, we work together as a community of professionals dedicated to healing, caring for and protecting those on the road to recovery.

Here, inside these gates, educational opportunities are treasured as our nation's future military physicians learn their craft, and researchers explore pathways to improve military medicine.

Here, at Naval Support Activity Bethesda, hope thrives.

We host volunteers, benevolent organizations, and a steady stream of guests who are inspired by the men and women who work here and heal here.

Hope has a home on this base. When you come here, you are a part of a community built on lifting others up — and its influence can last for a day, a week, even an entire career.

Hope gives us the chance to reflect on why we choose to do what we do.

Whether you wear a uniform, work gloves, a suit and tie, or your heart on your sleeve as a volunteer, this place is a fixed point where hope invites you in.

Next week, millions of people across this country will sit down with their friends, family members and loved ones to celebrate Thanksgiving.

On that day, many choose to reflect on what they are truly grateful for in their own lives.

This year, that day may be more important than those in the recent past.

This year, taking the time to focus on the things we are thankful for may just provide us an opportunity to remember some of our commonalities.

As the Installation Commanding Officer, it is my hope



Capt. Marvin L. Jones NSAB Commanding Officer

that you take pride in the role you play here at Naval Support Activity Bethesda. From patient to medical provider to public works — I hope that you feel some measure of gratitude for being a part of what we do.

Personally, I'm filled with an immeasurable amount of gratitude for all of the hard work that you do every day to support the mission of this base and our mission partners, and I'm thankful to work with such outstanding professional military and civilian personnel.

As members and supporters of our nation's fighting forces, you are integral parts of our nation's hope.

So, as you engage in your activities during the Thanksgiving holiday period, whether you're working, shopping, hanging out with friends or feasting with family, please internalize and reflect on all that we have to be thankful for.

Happy Thanksgiving to all.

## Bethesda Notebook

#### **Thanksgiving Meal**

Walter Reed Bethesda's annual Thanksgiving meal is Nov. 24 from 11 a.m. to 2 p.m. in Café 8901 in Building 10. Cost is \$9.05 (\$6.80 for dependents of E4 and below). The meal will include a variety of starters, entrees, accompaniments and desserts.

#### Thanksgiving Interfaith Service

A Thanksgiving Interfaith Service will be Nov. 22 in the Chapel in Building 8 from 11 a.m. to 11:30 a.m. A light lunch will be provided.

#### Flu Vaccine

Walter Reed Bethesda beneficiaries and staff members can still receive their flu vaccine now through Nov. 22 from 8 a.m. to 4 p.m. in Building 9, first floor, in front of Radiology at the maroon tent area. A Common Access Card for staff and an identification card for beneficiaries are needed to receive the vaccine.

#### Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; predeployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members

of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,

national origin, age, marital status, physical handicap, political

affiliation or any other nonmerit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Pub-

lic Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

#### **Naval Support Activity Bethesda**

Commanding Officer: Capt. Marvin L. Jones Public Affairs Officer: Jeremy Brooks Public Affairs Office: 301-295-1803

#### **Journal Staff**

Managing Editor PO3 William Phillips
WRNMMC Editor Bernard Little

Writers Andrew Damstedt
Kalila Fleming

Andrew Damstedt
Kalila Fleming
PO2 Hank Gettys
PO1 Christopher Krucke
Joseph Nieves
Sharon Renee Taylor

NSA Bethesda Fleet And Family Support Center 301-319-4087 NSAB Emergency Info 301-295-6246 NSAB Ombudsman Dedra Anderson 301-400-2397 NSAB Chaplain's Office 301-319-4443 301-319-4706 Installation SARC Kimberley Agnew 301-400-2411 Troop Command SARC Rosemary Galvan 301-319-3844 SARC 24/7 301-442-2053 SAPR VA 24/7 Helpline 301-442-8225

## **Marines Celebrate 241st Birthday**

#### By Bernard S. Little WRNMMC Public Affairs

Walter Reed National Military Medical Center staff joined Marines celebrating the 241st birthday of the U.S. Marine Corps during an observance in front of the historic Tower on Naval Support Activity Bethesda Nov. 10.

The 18th Sgt. Maj. of the Marine Corps Ronald L. Green served as guest speaker at the event. He thanked "Walter Reed – Army, Navy, Air Force, Coast Guards, Marines and Civilians — for all that you do here. Through the doors of this hospital come some of the best Americans that the nation has to offer."

Green, the highest ranking noncommissioned officer in the U.S. Marine Corps, called the U.S. Marine Corps, "the People's Corps." He said the Marine Corps birthday is celebrated for three reasons: "For those who came before us; those who serve now; and for prosperity – those who will come after us, our future generation, our children [and] our children's children."

"Our mission is to make sure that the freedom and liberty of this great nation live tomorrow and for days to come," he added.

Army Col. Michael S. Heimall, WRNMMC director, said it's fitting Walter Reed Bethesda celebrates the U.S. Marine Corps birthday. "There's a special relationship between Marines and their [Navy] corpsmen [here at Walter Reed Bethesda]."

The Marine Corps has been a component of the U.S. Department of the Navy since 1834. Because the Marines do not train chaplains or medical personnel, officers and enlisted Sailors from the Navy fill these roles, providing spiritual and medical support for their Marine compatriots.

In the time-honored tradition at a Marine Corps birthday celebration, a cake was cut with a ceremonial saber at the Walter Reed Bethesda observance. Marines gave Green the first slice of cake as the celebration's guest of honor. Retired

See **BIRTHDAY**Page 7



'HOTOS BY BERNARD S. LITTLE

Marines at Walter Reed National Military Medical Center prepare to escort a birthday cake into a ceremony celebrating the 241st birthday of the U.S. Marine Corps Nov. 10, 2016.

## **Safe Harbor Puts Spotlight on Wounded Warrior Families**



PHOTO BY PO3 WILLIAM PHILLIPS

A panel made up of Sailors and their caregivers answer questions from the moderator during the Navy Wounded Warrior Safe Harbor Family Symposium Nov. 9 on Naval Support Activity Bethesda. The purpose of the symposium was to provide knowledge about Safe Harbor and what it offers in non-medical services.

#### By Andrew Damstedt The Journal

It's not always in combat that a service member gets hurt.

Sometimes it's an unexpected illness or injury that changes their life and their military career, which affects their entire family.

That's when Navy Wounded Warrior Safe Harbor steps in and provides non-medical care and support, even though the affected families might not have known this organization existed.

"We thought it was for amputees or folks injured overseas, not for people with what they call 'invisible illnesses' like mine," said Capt. Mary Hallerberg, who was diagnosed with dysautonomia – a progressive autoimmune autonomic neuropathy.

After months of not being able to work at her job at the Pentagon, she said the clinics didn't know the right paperwork to help get her started on the medical board process. She was able to find information by browsing online and finding Navy Wounded Warrior Safe Harbor. After contacting them, she said they had her paperwork submitted in two days.

"I think not knowing what we needed to do was kind of the worst part for us," she said. "[Safe Harbor] told us exactly what we needed to do."

Hallerberg was part of a panel of Sailors and their family members who discussed their experiences with Safe Harbor at a

See **FAMILIES** 

Page 9

## WTB Hosts Hoops for Troops

U.S. Navy photos by PO3 William Phillips

The Warrior Transition Brigade hosted Hoops for Troops Nov. 9 at the Naval Support Activity Bethesda Fitness Center. The games was a part of the NBA's Commitment to Service program during its annual Hoops for Troops Week.







"We have an obligation as leaders to set the example and train our

beneficiaries and military personnel on the benefits of quitting the use of

tobacco products," said Captain Jay Woelkers.

## **NMPDC Encourages Sailors and Marines to Quit Tobacco**

By Lt. Jill S. Cunningham NMPDC Public Affairs

Navy Medicine Professional Development Command (NMPDC) is stressing the importance of tobacco cessation by encouraging Sailors, Marines and their families to quit tobacco during November as part of tobacco cessation month.

Nov. 22, NMPDC, with support from Walter Reed National Military Medical Center (WRNMMC) health educators, will provide Sailors, Marines and their families with information and tools to better understand the health risks of prolonged tobacco use and the available treatment options to quit tobacco. A representative from WRNMMC Integrative Health & Wellness Services will provide information for those looking to quit using tobacco, as well as provide information to help others quit during an informational question and answer session, held in Classroom "A", third floor of Bldg. 1.

"We all know tobacco use for long periods can lend to life-altering or life-ending health conditions," said Captain Jay Woelkers. "We have an obligation as leaders to set the example and train our beneficiaries and military personnel on the benefits of quitting the use of tobacco products. It is well documented that use of these products

can impact the mission due to increased illness." According to the World Health Organization, tobacco use is the single greatest cause of preventable death globally. Prolonged users of tobacco are more likely than non-users to develop heart disease, stroke and lung cancer, but quitting tobacco provides health benefits within the first 20 minutes.

November isn't the only time to quit tobacco. NMPDC encourages Sailors and Marines to quit tobacco year-round in order to live a healthier life. Beneficiaries interested in quitting tobacco can contact the WRNMMC Integrative Health & Wellness Services staff to make an individual appointment at: 301-295-0105.

Navy Medicine Professional Development Center is part of the Navy Medicine team, a global healthcare network of 63,000 Navy medical personnel around the world who provide high-quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield. For more information about NMPDC, visit: http://www.med.navy.mil/sites/navmedmpte/Pages/default.aspx

## **NSAB Chaplain's Office Offers Ways to Give This Holiday Season**

#### By Andrew Damstedt The Journal

Naval Support Activity Bethesda's Religious Ministry Department is hoping this holiday season will be a season of giving.

They've coordinated two ways for people to give back, including a Wishing Tree and a winter coat drive.

"The season of giving is important to spread good will and to let people know that somebody cares about them," said NSAB Chaplain Christilene Whalen.

The Wishing Tree is a way for people to provide presents for children of enlisted service members and junior officers.

"We want to bring joy to the military children here and thank them for their service," Whalen said.

People can find and take an ornament on a Wishing Tree in the Navy Exchange or in Building 17 or by contacting the NSAB Chaplain's Office. The ornaments will have the age, gender and clothing size of the military child as well as some gifts the child hopes to receive this Christmas. The ornaments will have another section where a person writes down their name and phone number and leaves it in a box next to the tree so the NSAB Chaplain's Office knows which ornaments have been taken.

"The donors are very generous; last year we had had 103 children, this year we have 120 children sign up," Whalen said. "Generally, most kids get two to three gifts a piece. The donors don't go and get dollar store [merchandise], they give them usable clothes, relevant toys. They really go out of their way to make the children happy."

Last year, 300 gifts were donated. Whalen said they expect to collect that amount, if not more, this year.

Presents need to be delivered to the Navy Exchange or NSAB Chaplain's Office by close of business Dec. 1. The gifts are scheduled to be handed out at a Prayer Breakfast Dec. 8 at the USO Warrior and Family Center at Bethesda.

The chaplain's office is also sponsoring a winter coat drive that goes until Jan. 31.

There are boxes where people can donate new or gently used coats, gloves, hats, scarves, socks, etc. The collection boxes are set up in Building 17 and 27, at the Navy Exchange, outside the Uniform Shop, near the Sexual Assault Prevention and Response office in Building 2 in and on the Uniformed Services University of the Health Sciences campus.

For more information, call the NSAB Chaplain Office at 301-319-5058.

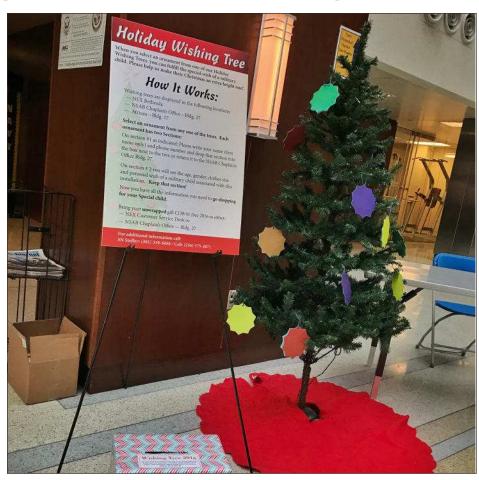


PHOTO BY JEREMY BROOK

The Wishing Tree in the atrium of Building I7 is one of three places where people can choose an ornament to give gifts to needy military children this year. The Navy Exchange has another Wishing Tree or people can contact the NSAB Chaplain's Office to get an ornament.



## Experience the WORLD in 9 Degrees!

#### November 19, 2016 - January 1, 2017

- $\bullet$  Carved from more than TWO-MILLION pounds of ice
- Enjoy two-story ice slides, an enchanting Parade of Toys and larger-than-life ornaments
- Travel through the North Pole and sit inside Santa's sleigh
- Visit the Frostbite Factory an interactive ice carving station

\$22 ADULT \$15 (ages 12+) \$20% Savings!

Overnight & Holiday Getaways

Starting at \$139\*\*

#### GaylordNational.com/Military or call (301) 965-4000

ICE! will be closed December 5-7. "Subject to 10% entertainment tax and service fee per ticket. \*\*Per room plus tax and parking. Guest must present a picture ID and an active or retired military/government ID upon check-in to qualify for these offers. Package pricing, components, show schedules and entertainment subject to change without notice. See website for restrictions. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiGo, Inc. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2016 FUJIFILM North America Corporation. All rights reserved.





PRESENTED BY
FUJIFILM
instax\*



Homefront provides military veterans and active duty military with a special interest rate reduced 0.25% for a 30-year fixed rate mortgage, as well as a reduced fee for a Maryland HomeCredit (federal tax credit) that can save thousands of dollars over the life of the loan.



mmp.Maryland.gov/Homefront

A PROGRAM OF THE MARYLAND DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

## 'Scarred For Life' Art Exhibit to Portray Veterans Scars

#### By Katie Berland NMHM Public Affairs Specialist

It is often said that a picture is worth a thousand words. For Ted Meyer, an artist and patient advocate, artwork is priceless.

For the past 18 years, Meyer's project, "Scarred for Life: Monoprints of Human Scars," has chronicled the trauma and courage of people who have lived through accidents, health crises and more. His project continues, featuring the scars of wounded warriors, and the impact their injuries have had on their lives, their families and others.

A temporary exhibit of Meyer's "Scarred for Life" artwork will be on display at the National Museum of Health and Medicine (NMHM) from the beginning of November through February 2017.

These scar portraits powerfully evoke the dedication, persistence, and humanity of our service members who have fought and sacrificed for their country. Apart from wanting to tell the stories of America's heroes and their sacrifices, the series also holds personal meaning to him.

"For a long time I didn't want to do scars of veterans," said Meyer. "Other people with closer ties already had veteran/scar art projects going on. Then my nephew came home from three tours in Iraq and committed suicide. His mother asked me to start this series as a way to start a conversation about post-traumatic stress disorder and sacrifice."

Meyer recalled his recent experiences working with wounded warriors and discussing the artwork he created as well as the stories that unfolded during their creation from meeting with the veterans, painting on their scars, and hearing their stories.



PHOTO COURTESY TIM CLARKE

A temporary exhibit of Meyer's "Scarred for Life" artwork will be on display at the National Museum of Health and Medicine from the beginning of November through February 2017.

"I'm hoping that people seeing the exhibit will see what happens to people who ship out to war, while the other 99 percent of us stay and home and watch the battle on T.V. – these people walked the walk, and came home scarred and damaged," said Meyer. "Most people never think of them once they are home and in rehab. People insist on a strong military, and many want it used often. That is all good, but these people volunteered to be on the front lines. We should

acknowledge their sacrifice and realize these same scars will appear on future warriors," Meyer said.

NMHM was founded as the Army Medical Museum in 1862, and moved to its current location in Silver Spring, Maryland, in 2012. NMHM, located at 2500 Linden Lane, Silver Spring, Maryland, is an element of the Defense Health Agency. For more information on upcoming events, please call 301-319-3303, or visit www.medicalmuseum.mil.







PHOTOS BY BERNARD S. LITTLE

Marines at Walter Reed National Military Medical Center stand in formation during morning colors and a special ceremony celebrating the 241st birthday of the U.S. Marine Corps.



PHOTO BY BERNARD S. LITTLE

Sergeant Major of the Marine Corps Ronald L. Green serves as the guest speaker during a special ceremony at Walter Reed National Military Medical Center celebrating the 241st birthday of the U.S. Marine Corps.

#### **BIRTHDAY**

From Page 3

1st Sgt. Melissa Mimms received the second slice as the oldest Marine present at the celebration and to symbolize "experience and a youthful spirit, hallmarks of the Marine Corps." A native of Barbados, Mimms enlisted in the Marines in 1977 and is currently the deputy officer-incharge of the Marine Liaison Office, Detachment Walter Reed, Wounded Warrior Battalion East.

Mimms presented a slice of cake to the youngest Marine present, Lance Cpl. Matthew Michalski, symbolizing "the passing of history and tradition to the next generation." Michalski was born on April 7, 1997 and enlisted in the Marines in 2015. He currently serves in the operation section of the Marine Liaison Office at WRNMMC. Michalski said the Marine Corps has had a positive influence on him, providing him with leadership skills and maturity.

The ceremony concluded with students from Quince Orchard and Wootton high schools in Montgomery County playing "Anchors Aweigh" and The "Marines' Hymn." The students travel across Maryland to perform at various military events.

Green said more than 37,000 Marines are currently deployed, "doing the will of this country in the name of freedom, security and liberty; for freedom isn't free."

"Around the globe, wherever there

are two Marines [on Nov. 10], they are celebrating," Green said. "[They may not] have a large nice cake, but only a chocolate nut cake from a MRE, or a cracker in a foxhole, [but they are celebrating], saying, 'Happy Birthday."





## 'Marathon' Screening



U.S. NAVY PHOTO BY PO2 HANK GETTY

The USO hosted an advanced screening of the HBO Documentary "Marathon: The Patriot's Day Bombing" at Naval Support Activity Bethesda Nov. 9. The film documents the terror attack at the 2013 Boston Marathon and the lives of the survivors, some of whom were treated and rehabilitated at Walter Reed National Military Medical Center. The film "draws on surveillance footage, news clips, home movies and exclusive interviews with survivors and their families over the course of three years as they face the challenges of physical and emotional recovery and strive to reclaim their lives and communities," according to HBO. The screening also featured a Q&A with the film's directors, Ricki Stern and Annie Sundberg, along with two of the survivors, Jessica Kensky and Patrick Downes.



## Coping With Stress, Depression During Holidays

#### By Bernard S. Little WRNMMC Public Affairs staff writer

Now that Halloween costumes have been put away and the candy is nearly gone, it's time to prepare for another celebration – Thanksgiving, and soon thereafter, Christmas, Hanukkah, Kwanzaa and

With so many observances this time of the year can become quite stressful: For people who experience "the holiday blues," it can also be depressing as well.

"The holidays can bring a great deal of stress and depression for many reasons, such as finances being strained, unmet expectations, challenges that emerge at extended family gatherings, numbers on the scale demanding attention, or from people being separated from loved ones and feeling lonely. Challenges can also come from readjusting to routines following a holiday break," explained U.S. Public Health Service Cmdr. (Dr.) Arlin Hatch, chief of Resiliency and Psychological Health Service at Walter Reed National Military Medical Center.

Stress or anxiety are manifested differently in people, but some common symptoms include feeling overwhelmed or worried, restlessness and on edge, muscle tension, or experiencing fatigue, he added.

"Symptoms associated with depression may include prolonged sadness, feeling hopeless, lacking

interest or pleasure in activities typically enjoyed, low energy, feeling agitated, or, in some situations, having thoughts of suicide. Sleep problems, difficulty concentrating, and changes in appetite can be associated with both depression and excessive stress," Hatch continued.

A clinical psychologist, Hatch said it's important to keep expectations realistic and set appropriate boundaries with others.

Army Chaplain (Capt.) Heather Borshof, of WRNMMC's Department of Pastoral Care, agreed.

"The holidays can be expensive and not everyone has the means to buy what our culture says we cannot live without. Other life responsibilities do not stop and the added pressure of getting everything done for the holidays can bring about more stress than joy. The expectations are that the holidays are a time to be with family and friends, [and] those who are without may feel sad and depressed.

"Nothing is perfect and that is OK," the chaplain continued. "Things will go wrong, and the key is to remember that something is not ruined just because it is not perfect. Families do not always get along. If the turkey comes out dry, that is not the end of

See **HOLIDAYS** 

Page 12

#### **FAMILIES**

From Page 3

Wounded Warrior Family Symposium held at the USO Warrior and Family Center at Bethesda (USO) Nov. 9.

Jennifer Cigna said after her husband, the late Capt. Christopher F. Cigna, was diagnosed with stage IV brain cancer when they were deployed in Rota, Spain, she received a jacket from Safe Harbor. "We're not wounded in combat, so thanks for the jacket," she thought.

However, after she learned how Safe Harbor could help, they became an important resource to her during her husband's illness in tracking down answers.

"When you're given medical paperwork every day, and this and that, and you're in crisis and you're not listening to half the things people say," she said.

The Safe Harbor program made her feel they were emotionally invested in helping her not only answer questions but also answer questions she didn't think to ask.

"There were a lot of questions that I had – whether he should stay active duty or retire? I did not know the answer to that question," she said.

Cmdr. Colin McKee, Safe Harbor director, said the program's purpose is to provide non-medical care and support for Sailors with serious illnesses, wounds and injuries.

"Helping support them in the many, many things that are impacting their lives as they adjust and figure out what that change in life will look like," McKee said.

The program has non-medical case managers, recovery care coordinators and a transition care coordinator who all work with the families. On NSAB, the Safe Harbor Office is located in Building 17.

Traci Stahl said her son, PO3 Trenton Stahl collapsed while doing his physical readiness test at the Navy Nuclear Power School and subsequently suffered an anoxic brain injury that has left him in a hospital or rehab facility. She's had to relearn that she needed to take care of herself, too.

"There are so many opportunities [at NSAB] to 'take care of you',

because you can't take care of them if you're not taking care of yourself and it took me 12 months, 13 months, to figure that out," Stahl said.

She said Safe Harbor has helped with getting financial assistance for travel and connected them with others who have gone through similar situations. She said they even drove them to tour a Veterans Administration Hospital in Richmond to see if they would be willing to use that facility for Trenton's care.

Since his motorcycle accident and subsequent leg amputation, PO2 Alan Thomas has been helped by Safe Harbor to find answers about adaptive sports and his wife, Gabriela Vanoni, said they helped her with the immigration process.

Thomas suggested Safe Harbor should be its own command like the Army's Warrior Transition Brigade.

"Why can we not be one command, in one place, under one person like everyone else in the military?" Thomas asked.

Other suggestions from the panelists on ways to improve Safe Harbor were to do outreach to clinics in the area so they are aware of the

Safe Harbor program and to start a host family program of those who have used the program before who'd be willing to help those just starting to use the program.

Before the panel, Seema Reza, a writing instructor who coordinates recreational art classes on base, explained how the arts can help in the healing process.

There are in-treatment classes, weekly open sessions at the USO, and weeklong workshops between March and October where individuals work on their own project that is then displayed at an art show in the community.

In October, there were 622 participants at 41 open sessions, 34 treatment-directed sessions, and 7 special sessions, she said.

"Numbers are good, but they're not necessarily the point at all," Reza said. "The point is community, which is the hardest piece to measure. It's impossible to put into a spreadsheet ... People who have met at the arts table have taken road trips together, have looked after one another's children and pets, go to dinner, shows and just look out for each other."

## Visit us online at dcmilitary.com/journal

## NOW LIVE!

The SoMdNews
App brings you the latest local, sports
and community news
and information from the Southern MD
Newspapers, 24/7.



The free app is updated from our full website, somdnews.com, in real time, delivering you the latest headlines.

Download the app at somdnews.com/newsapp or Scan the QRC code.





HOTO BY CHIEF PETTY OFFICER IEN BLAKE

Sailors from USS George H.W. Bush (CVN 77) and USS Houston (SSN 713) visit President George H.W. Bush and Barbara Bush during a trip to Houston, Texas, for Houston Navy Week.

## **Thankful for Those Who Have Gone Before Us**

By PO3 Mario Coto USS George H.W. Bush (CVN 77) Public Affairs

Thanksgiving is the day when family and loved ones gather together, enjoy a meal, and give thanks for making it through another year. Whether it's getting a new job or having a baby, people find many blessings to be thankful for.

It is appropriate Veterans Day is observed during the same month as Thanksgiving. The service and sacrifice of veterans who have served has earned the gratitude and respect of many, including those who serve in the military today.

Sailors of aircraft carrier USS George H.W. Bush (CVN 77) are thankful for the men and women who have previously served. They know they wouldn't be where they are today without the standards and traditions set by veterans.

"I feel that our veterans have helped us to be where we are today," said Petty Officer 1st Class Joanna Waugh, GHWB Senior Sailor of the Year. "Having an opportunity to support and continue their vision really means a lot to me."

Petty Officer 3rd Class Raylene Rodriguez, GHWB Petty Officer of the Year, looks to the ship's namesake as an emblematic veteran.

"It's both an honor and a privilege to be aboard a ship named after a Navy veteran who is still alive," said Rodriguez. "I feel the ship and its crew are the continuation of his legacy, and a starting point for many of our own."

Waugh also feels honored to serve aboard GHWB, the only U.S. Navy aircraft carrier with a living namesake.

"Anybody can read through articles or watch documentaries about President George H.W. Bush and his career, but it's another thing entirely to serve aboard an embodiment of said career," said Waugh. "He did it all, and the resiliency that he showed throughout his entire naval career really contributed to his success, which is the same resiliency we have adopted aboard GHWB to make sure that we are successful."

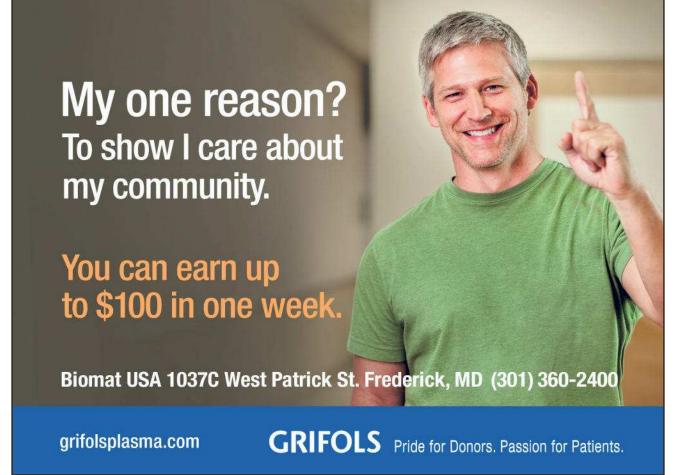
Humbled by their recent recognition, Rodriguez and Waugh credit the example set by veterans who have stood where they stand now. Despite their success, they both know they have big shoes to fill, and a long legacy to honor.

"President Bush may be one of the more well-known veterans, but I know he is one of many who have served," said Waugh. "I'm am forever humbled and grateful by the actions, the heroism, and the sacrifice of the men and women before me, no matter how far I go in my career."

Rodriguez takes a lot of pride in serving her country, especially on Veterans Day.

"Every morning that I recite the Sailor's Creed, I know that I represent the fighting spirit of those who served before me," said Rodriguez. "It's such a humbling feeling to stand in their place, and know that you are a better person for it."

Veterans Day and Thanksgiving may only come once a year on the calendar, but Sailors and other service members find reasons to be thankful for veterans and their service everyday. That gratitude is best displayed by standing the watch and upholding the legacy of those who have honorably served before us.





## Classifieds

Call 301-645-0900

#### Apartments Unfurnished

#### Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at



To place an ad Call 301-645-0900 or visit us online at classads@ somdnews.com

#### Apartments Unfurnished



**Upper Marlboro** 1BR alarmed basement apartment, w/separate entrance, utilities included \$1,250/month. 240-441-9036

#### Help Wanted

25 DRIVER TRAINEES NEED-ED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com Help Wanted

## RUAN NOW HIRING

## In Landover, MD Great Opportunity!

Dedicated Customer!
Earn up to \$75,000 /Year!
Be home every other day!
\$18.74 per hr. for Short Hauls
49.7¢ per Mile & \$28 per Stop
for Long Hauls
Full benefits available
Call 800-879-7826
for more information
or apply online at
www.ruan.com/job
Dedicated to Diversity. EOE.

#### **Notices**

RESEARCH VOLUNTEERS NEEDED. Using research blood tests (one time) and a questionnaire, we want to find out if the parasitic infection latent visceral leishmaniasis was transmitted to our OIF deployers. Compensation may be offered. Contact: Mrs. Shaw RN, (301) 295-0002, USUHS/ Walter Reed.

#### Misc. Services

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-217-3942

ACCOUNTING & QUICK-BOOKS TRAINING! Online training gets you job ready! Train at home! Job placement when completed! 1-888-407-7162 GED/HS Diploma needed.

CRUISE VACATIONS – 3, 4, 5 or 7+ day cruises to the Caribbean. Start planning now to save \$\$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. To search for your next cruise vacation visit www.NCPtravel.com

Drive with Uber. No experience is required, but you'll need a Smartphone. It's fun and easy. For more information, call: 1-800-849-0782

HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

#### Misc. Services

OXYGEN- Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-558-7482

You may qualify for Disability if you have a health condition that prevents you from working for a year or more. Call now! 877-552-2968

#### Travel/ Transportation

ALL INCLUSIVE RE-SORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Search available options for 2017 and SAVE at www.NCPtravel.com

#### Wanted to Buy

TOP CASH PAID FOR OLD GUITARS! 1920 - 1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjos. 1-800-401-0440

#### **Autos**

2006 Toyota Camry 93K 1 owner, little old lady! (240) 925-0899

#### Wanted to Buy

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZU-KI-GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@ classicrunners.com

## **BUY SELL RENT HIRE**

## TRADE SHOP SWAP FIND

**TO PLACE YOUR AD CALL 1-301-645-0900** 

#### **HOLIDAYS**

Page 8

the world. In fact, it may be something to laugh about later on. If one can go into a situation knowing that things are not perfect, and tries to keep calm, it may decrease the stress."

To decrease stress, Hatch encourages people to develop and stick to a budget; consider homemade gifts; reserve time for relaxation; avoid over scheduling yourself; in physical exercise; get proper sleep; take time to be grateful; consume a balanced diet; and schedule activities you enjoy.

"Spending time or talking with people you care about can help reduce feeling isolated," he said. "When separated from loved ones over the holidays, the distance can be bridged with video-calling technology or other means of communication."

Borshof cautions people not to overindulge and drink too much, which can add to stress and depression. "A glass of champagne or holiday eggnog can be part of the celebration, but overindulging can be harmful. Stay sober and in control," she advised.

Hatch and Borshof explained parents and adults can help children by modeling effective self-care and adaptive stress-management strategies.

"Children learn from

"The holidays can be expensive and not everyone has the means to buy what our culture says we cannot live without," said Army Chaplain (Capt.) Heather Borshof. "Other life responsibilities do not stop and the added pressure of getting everything done for the holidays can bring about more stress than joy. The expectations are that the holidays are a time to be with family and friends, [and] those who are without may feel sad and depressed."

what witness firsthand." Borshof said. "If kids see their parents stressed out and depressed, they are going to feel that as well. When adults drink too much, overspend, or are moody because of the stress, kids will see that and may eventually follow those actions. However, if parents and adults keep things in perspective, children will learn from that as well. The best role models are what we see others doing. One other thing to keep in mind is not to take out our stress or depression on kids. When adults lash out, children often feel at fault when it actually has nothing to do with them."

"It's normal experience some stress

and sadness; however, we can take steps to help mitigate related symptoms and enjoy more satisfying а holiday season," Hatch continued. "If symptoms begin to get in the way of carrying out your responsibilities home or work, or they cause problems in your relationships, reach out for help."

Borshof said chaplains at WRNMMC are always available for anyone who needs or wants to talk "in complete confidentiality." addition, there worship services offered on a weekly basis and during the holidays for all people to attend. For more information. call the Department of Pastoral Care at 301-295-1510.

Read Walter Reed National Military MC o The Journal nerican On Your Tablet or **Smart Phone!** 

# MILITARY RETIREES\* & ACTIVE-DUTY FAMILIES trust

Exercise your freedom to choose TRICARE Prime® with one of the most trusted names in medicine.

> If you're eligible for TRICARE Prime, you're eligible for the Johns Hopkins US Family Health Plan. Get all of your TRICARE Prime benefits, plus extras, all from Johns Hopkins.

Request an information packet or reserve a seat at a free information briefing in your area:

Call 1-888-294-1129 or ChooseHopkinsToday.org/NN





\*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan. TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.